

(TMI Focus, Vol. XIV, No. 3, Summer 1992)

## **TECH TALK LIGHT, SOUND, & HEMI-SYNC®**

Faced with the growing variety of light and sound brain-mind technologies, it's easy to feel like a kid in a candy store. The temptation is to try some of each, or even mix and match. How you handle the selection process is, of course, a matter of personal choice. TMI's official position on this issue is as follows:

Since we do not investigate or evaluate any entrainment methods other than Hemi-Sync, we cannot comment on them. We do advise that, if you are interested in using another sound and/or light stimulation system, you check its safety and efficacy to your complete satisfaction. We cannot recommend combining Hemi-Sync with any other technology because we do not know what the results might be.

Please also be aware that, as the Monroe systems have gained popularity, the name Hemi-Sync (with a diversity of spellings) has occasionally, and erroneously, been used as a generic term for any sound-based method using binaural beat frequencies. The strength and uniqueness of Hemi-Sync is not simply that it employs binaural beats, or even that it uses frequency following response (FFR). Hemi-Sync's advantage is in the precisely identified wave forms, blended and sequenced over time into specific, complex frequency patterns. These patterns are proprietary to the Institute and therefore available exclusively through TMI and Interstate Industries, Inc. (III).

Using the analogy of a recipe, think of binaural beats, FFR, carrier frequencies, time, etc., as the raw ingredients. These ingredients can be mixed in virtually infinite combinations, or recipes. Each recipe will produce a different result. Only the recipes developed by The Monroe Institute produce Hemi-Sync.

Hemi-Sync is a trademark owned by The Monroe Institute, and only those systems available through TMI and III contain the Hemi-Sync technology. For more information on this point, see: *What Is Hemi-Sync? - Leslie France - Fall 1990*

Hemi-Sync® is a registered trademark of Interstate Industries, Inc.  
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